

PE Curriculum Map 22-23

Through a range of physical activities, students to:

- develop and improve technique and performance
- develop a variety of tactics and strategies to overcome (beat) opponents.
- review performance and strive to achieve their personal best
- develop their personal fitness.
- promote an active and healthy lifestyle
- develop and encourage teamwork skills
- promote the importance of respect and fair play through competition.

	K Groups	Year 10	Year 11
Autumn 1	Practical - Net games - Badminton Short tennis Volleyball Table Tennis Focus - Outwitting opponents Fitness testing assessment Cardiovascular Endurance Muscular Endurance Flexibility Balance Agility Power	Practical - Net games - Badminton, Short tennis, Volleyball & Table Tennis Focus - Outwitting opponents Fitness testing assessment- see KS3 Theory 1 - RO42 Applying principles of training	Practical - Net games - Badminton, Short tennis, Volleyball & Table Tennis Focus - Outwitting opponents Theory 1 - RO42 Applying principles of training Fitness testing assessment -see KS3 Theory 2 - RO41 Reducing the risk of Sports injuries
Autumn 2			
Spring 1	Invasion Games - Football, basketball, ultimate frisbee & handball	Practical - Invasion games - Football, basketball, ultimate frisbee & handball Focus - Outwitting opponents	Practical - Invasion games - Football, basketball, ultimate frisbee & handball Focus - Outwitting opponents Theory 1 - Jan exam entry followed by <ul style="list-style-type: none"> ● Applying principles of training

Spring 2	Fitness testing assessment Cardiovascular Endurance Muscular Endurance Flexibility Balance Agility Power	Theory 2 - Reducing the risk of sports injuries	Theory 2 - Reducing the risk of Sports injuries / Applying principles of training
Summer 1	Practical - Striking and fielding - Focus - Developing Tactics and strategies	Practical - Striking and fielding - Focus - Developing Tactics and strategies Theory 1 - Applying principles of training	Practical - Striking and fielding - Focus - Developing Tactics and strategies Theory - Revision / missing coursework
Summer 2	Practical -Athletics - Performing at maximum levels	Practical - Athletics - Performing at maximum levels Theory 2 - Reducing the risk of sports injuries Exam Prep	
Assessment	Initial Assessment PE Assessment Guidance PE Practical Personal Targets PE Theory Personal Targets		

SMSC and Physical Education

SPIRITUAL – Students develop their knowledge and understanding of the body’s capacity in performance when exercising; The importance of perseverance and resilience in sport/exercise. Sport as a release and a way of managing and expressing feelings and emotions in. Allowing students’ reflection time to evaluate their experiences allows them to build a positive mindset and promoting personal best.

MORAL – Living a healthy lifestyle and promoting healthy living is apparent in each P.E lesson and at break and lunch. Students develop the ability to tell between right and wrong through fair play in sporting events and participating in competitive situations, giving students a sense of justice, and how to respond appropriately when they feel there is an injustice. (playing a let) The frequent opportunity given to students to umpire and referee supports the importance respecting the rules.

SOCIAL – The nature of PE allows all students to develop the necessary skills to work in teams or pairs, as the majority of activities are based around team games or creating sequences in groups, co-operation with others is paramount to success. Giving the students roles such as leaders, coaches, or umpires, and offers students the opportunity to develop their communication skills, leadership skills and the ability to settle any discrepancies which may occur. Students are encouraged to reflect upon feelings of enjoyment and determination.

CULTURAL – Students are given the opportunity to learn a variety of sports. Opportunities to explore unfamiliar activities (Go Ape/horse riding) are provided where possible. Students are taught in gender mixed groups undertaking the same activities. Promoting respect towards officials.

Specific examples of Spiritual, Moral Social and Cultural Develop in Physical Education include:

- Students learning to cope with both success and defeat with dignity.
- Students discussing learning objectives and reflect upon issues as well as listening to others opinions.
- Strategies and tactics being introduced to students
- The role of coaches, leaders, and umpires are used to develop students' sense of right and wrong.
- Students witnessing positive behaviour in PE and are allowed the opportunity to reflect upon the need for rules and fair play.
- Students becoming aware of different cultural attitudes towards aspects of physical activity.
- Discovering the role of sport within society including learning sports less familiar.
- Students learning to cope with their emotions in socially acceptable way during competitive situations.

Some aspect of restrictive choice around preferred activities

Adaptations around activities and consideration during Ramadan.

British Values- democracy, the rule of law, individual liberty, tolerance and respect